

## **ABSTRACT**

A wearable body support system includes a first elongated cushion assembly and a second elongated cushion assembly and an upper strap attached to a top portion of the first and second elongated cushion assemblies configured to attach to a user's waist. The first and second elongated cushion assemblies are separate components and are configured to be worn by a user and provide cushioning and support to the user's posterior lower torso and legs. The wearable body support may also include an upper torso support configured to be worn by a user and provide support to the user's back. The upper torso support may also be configured with a buoyant material to be further used as a life vest. A pair of lower leg supports may also be included to provide support to the user's posterior lower legs.